



THE FLYER

Salisbury University's student voice

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Tuesday October 14, 2014

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URGENT CARE

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On the S-curve, across from Wawa

Mud walking for awareness

BY ALEX BENDA

Staff Writer

To raise awareness for breast cancer, Girls On Top of the World volunteered their time to help out at the 13th annual Walk for Awareness hosted by the Women Helping Women foundation on Saturday, Oct. 11 at Winterplace Park.

One in eight women in the United States will develop breast cancer each year and it is second to skin cancer as the most common cancer found in women in the United States.

"I love being part of this; it's for a worthy cause for our local survivors."

- SU senior and Girls On Top member, Jenna Brown

This event is held to recognize breast cancer survivors throughout the community. Each year participants pay \$25 to take place in this walk to honor someone who has faced breast cancer. For an extra \$5, you can take your dog along for the walk. The walk is one-mile, or three-miles, and dogs are more than welcome to walk each year to remember, honor and support those affected in the community.

Pink shirts were handed out to the survivors, while green shirts were handed out to anyone who made a donation.

Director of community relations for Women Supporting Women Emily Rantz was very excited for running her first walk.

"I've worked with nonprofit organizations before, but once I got this opportunity to work for this organization I couldn't pass up the opportunity," Rantz said.

This year's goal was to raise \$60,000. Each donation that went toward the walk is in honor of, or in memory of anyone affected by this disease.

Community member Cindy DuBoque said she has been a volunteer at this event for six years.

"I love being part of this; it's for a worthy cause for our local survivors," she said.

"I try to go to as many volunteer events as I can, and this one is my favorite to go to each year," SU senior and GOT member Jenna Brown said.



Jenna Brown photo

GOT has participated in this walk for many years alongside community members of all ages from the Wicomico County area to raise money and awareness.



Jenna Brown photo

Members await the start of the walk. Money raised by the walk goes towards the Women Supporting Women organization to help breast cancer patients, especially those going through chemotherapy.

City being sued in new police excessive force case

BY SHANNON WILEY

News Editor

@TheShannonWiley

A third lawsuit has been brought against Salisbury Police Officer Justin Aita and the Salisbury Police Department by university students, this time also forming the suit against the city.

The plaintiffs include Salisbury University students senior Darylle Smith, senior Julian Washington and junior Brian Louck.

The lawsuit is for excessive use and threat of force, as well as unlawful seizure, detention and arrest and violating their fourth, fifth and fourteenth amendment rights.

The night of the incident, the men were driving to a party around campus and pulled over to the side of the road in order to call a friend and ask for more specific directions, Smith said, who was driving. When he pulled over, he turned his lights and car off.

The students found out they were only right

around the corner from the party and saw the stop sign was right in front of them where they had to turn to go to the party so he turned his car and lights back on, began to approach the stop sign, signaled his left turn signal and stopped at the sign, according to Smith.

However, as Smith was making the turn he saw police lights turn on in an attempt to pull him over.

A first police officer came up to the car and asked for his license and registration without telling him what he was being pulled over for.

Smith did not ask because he said he thought it was a "regular traffic stop" and he did not feel that he had done anything wrong.

The officers' official assignment that night, according to one of the plaintiff's lawyers Luke Rommel, was to be in the college area looking for noise and alcohol enforcement.

"All of a sudden, another officer comes out on the right side of the car and he pulls his gun out and points it at us," Smith said.

The officer who drew his gun was Aita. The students had still not been told what they had been pulled over for. According to Smith, the gun was pointed at their faces and was ready to shoot.

"At this point I was in shock because there's a gun in my face and I don't know what I did," Smith said. "It's one thing to have his hand on the gun in his holster, but to immediately take it out of his holster, it's like what is going on?"

Smith said he felt his life was being threatened.

Soon Aita put his gun away because Smith thought the original officer told him there was no immediate threat. The original officer then said that they were going to search Smith's car.

"Still I haven't been told while I've been stopped but at this point a gun has been pulled on me," Smith said. "I don't know what I did and he just made us get out of the car. 'There was no consent given in terms of [saying] 'oh okay.' No, it was just like 'okay we're searching your car.'"

The men get out of the car at this point and saw that two more police cars had been called in for back-up as well as K-9 units.

"I'm thinking they planted some drugs or something because I don't have any drugs, I don't do drugs and I don't drink so you can't get me for drunk driving," Smith said. "There's literally nothing they have on me."

The men were frisked, the car was searched, but nothing was found.

Eventually, after they were let back in the car, the men were given a warning for "failing to give turn signal continuously during the last 100 feet of travel before turning."

Rommel believes that this warning was a way for the officers to make the incident "go away" so that they did not have to confront it in court, while still giving a reason to why they stopped the students.

"They thought they were going to get away with it," Rommel said. "If you look at it from

See POLICE on Pg 2

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POLICE

Continued from PAGE 1

their stand point, it's like, 'we didn't find what we were looking for, so how can we cover this up?'

About 40 minutes after the men were originally pulled over, they were let go. Rommel said that this was an unlawfully long amount of time, because courts usually say that a reasonable amount of time to keep someone is between 10 and 20 minutes.

Plaintiffs are bringing the suit against the city, just like the SPD, for negligence because they "encouraged and retained Officer Aita while being on notice that he had erratic and violent propensities that needlessly endangered the public," as stated in the suit.

Mayor Jim Ireton denied a request for an interview both with himself and the department.

Curtis Adams, Travis Guthrie and Abdi Geleta, the original plaintiffs bringing suits against Aita and the SPD, have been recharged from obstructing and hindering or disorderly conduct to other crimes that took away the need for a trial by jury according to Rommel.

The plaintiffs took the matter up with the judge and asked again for a trial by jury, and are still waiting to hear whether

this will be granted. Neither the criminal nor the civil trials have taken place.

For the civil case they have added a fourth student to the plaintiff pool, SU student Eric Kluge, who was at the same event this past May and was allegedly handcuffed, kicked by the officer, taken in and locked up but was never charged.

RM, a minor who is the plaintiff in a second suit against Aita and the department, had his criminal trial and was found not guilty on two counts of bicycle theft, a charge that was apparently just "tacked on," according to Rommel.

It has been found that Aita's dashboard video surveillance camera was allegedly not working at the time of RM's arrest and could not record the events that transpired, according to a letter to SPD Chief Barbara Duncan from Arbitrator 360 Team.

With that, RM's defense will go through with their own investigation on the camera and have a new trial.

He and his aunt are still awaiting their civil case.

BY JUSTIN MCCLURE
Copy Editor

As the days until Halloween begin to lessen, Salisbury is abounding with activities for students and community members to take advantage of, particularly the Salisbury Library located in downtown which is kicking off the spookiest day of the year early.

On Oct. 17, A Night in the Stacks: Dawn of the Unread will feature a Thriller dance off, a horror cinema room and professional monster makeup artist and will have food, a cash bar and festivities provided for all participants. The event will also include a live DJ and light show provided by New Beginnings Productions.

A Night in the Stacks will be emceed by local comic book creators Mathew Shockley, Josh Shockley and James Dufendach of PLB Comics. Tickets cost \$15 and for those who would like to enter into the Best Zombie Horde contest the entry is \$20 and requires five people per group.

Dawn of the Unread falls on the same day as the highly anticipated 3rd Friday that also takes place in downtown. For those who do not wish to partake in the

spookier side of the Halloween celebration, 3rd Friday offers myriad activities for its participants.

"I feel as though most of us get wrapped up in on-campus activities that we don't take the time to get involved in the Salisbury community," junior James Goodwyn said. "I want to get involved but with so much going on I find it (hard to do)."

3rd Friday is "celebrating everything we love about fall." It's a combination of a Fall Harvest Festival, Oktoberfest and an early Halloween party dubbed as FallToberWeen.

The event goes from 5 p.m. to 8 p.m. while A Night in the Stacks kicks off at 6:30 p.m.

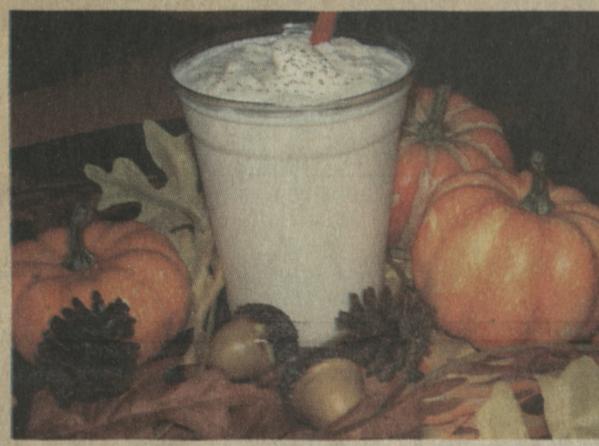
Sophomore resident assistant Savana McClure thinks that having students integrating themselves with the community is important.

"It is a great way for students to get involved, meet new people and find out what they enjoy," she said. "Students have to want to make it a fun event."

For those who wish to participate in the event, one can visit the event website at <http://www.anightinthestacks.org/>.

October Smoothie Of The Month:

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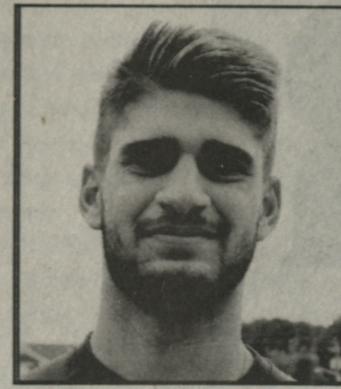
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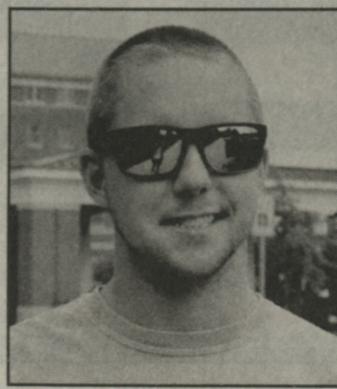
EDITORIAL

October 14, 2014

Overheard: How do you feel about parents' weekend and homecoming weekend happening at the same time?



"I don't think a lot of students will be happy about it, but I think they're happening at the same time to prevent people from doing anything stupid." – George Souranis, sophomore



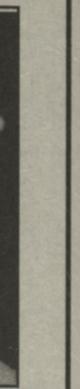
"Homecoming is a social environment and the parents being there as well might cause problems for some students who want to take part in homecoming events." – Jeremy Gencavage, sophomore



"I don't think it's the worst thing; my parents are coming for a day and I don't have a problem with that." – Alex Salamat, sophomore



"I feel like there might be a slight problem for people who don't want to hang out with their parents during homecoming weekend." – Angela Fayer, sophomore



"I'm a student worker, so I have a lot of responsibilities. It's going to be at least a very busy few days." – Frances Sherlock, sophomore

The Flyer

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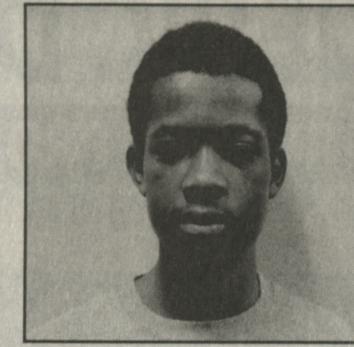
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The Flyer strives for accuracy and corrects its errors immediately. If you believe The Flyer has printed a factual error, please email us.

States divided on same-sex marriage



BY EMMANUEL ATUFU
Staff Writer

On Monday, Oct. 6, the United States Supreme Court took "one small step for man and one giant leap for mankind" when they declined to hear cases from Utah, Wisconsin, Virginia, Oklahoma and Indiana, all of which are seeking to keep their same-sex marriage bans in order.

Is same-sex marriage legalized now? Will all states with bans be forced to withdraw it? What does this mean for the future of the nation? The Supreme Court's decision (or lack thereof) on same-sex marriage

Homosexual people around the country are applying for marriage

I'm in favor for same-sex marriage, not because I agree with the practice or not, but because I believe in equality and that the best way for society to function is if we accept and support one another and not hold our differences against each other.

repeals state bans and upholds lower court rulings that will legalize the practice in 11 more states, thus allowing couples who previously could not get married in their respective states to do so.

There were 19 states that allowed same-sex marriage. That includes all of the northeastern states from Washington, D.C. to Maine as well as west coast states like California, Oregon, Washington and Hawaii.

Lastly, there's New Mexico and midwest states like Minnesota, Iowa and Illinois, Wyoming, Colorado, Kansas, West Virginia, South Carolina and North Carolina as well as five other states mentioned before were all affected by the ruling on Monday bringing the total amount of states currently allowing same-sex marriage to 30.

Now that's what I call progress. However, the celebration may be short-lived.

States still pushing the ban will put their best foot forward and try to appeal the court ruling. The Supreme Court needs to stop playing footsie with the state governments and just declare same-sex marriage legal.

As this topic snowballs into greater political and social relevance, we'll see how the Supreme Court and the federal government react.

Same-sex marriage is just going to get bigger and more popular and with the 2016 Presidential Election around the corner, this issue might become front and center and force future prospective

Pay attention: Marijuana is still illegal



BY JAMIE POTTER
Staff Writer

On Oct. 1 marijuana was decriminalized in the state of Maryland. I could hear screams of joy from every dorm, apartments and houses of students who like to dabble in using the drug. It was a great stepping stone towards legalization, but it needs to be understood as just that.

Although one can no longer get arrested for having less than 10 grams, there are still consequences smokers should be aware of before becoming reckless.

It seems some people have jumped into the excitement without looking into what the decriminalization entails.

I overheard one person talking about how weed has become legal. Marijuana is not yet legal in Maryland.

Maybe one day it will be, but that day is not today.

First, this only applies to people 21-years-old and over. There is an entirely different set of consequences for those in between the ages of 18 and 20 and a different set for minors.

For the former offenders will be assessed for a substance abuse disorder and could be placed in a drug education program.

The latter will receive a citation and have to appear before a judge for even a first offense.

If you have not yet reached the legal age of drinking, you have not yet reached the age where you can carry less than 10 grams for only a fine.

And even for the 21-year-olds, this excitement could further add to your student debt. Just because you have the freedom to not get arrested doesn't mean the fines won't add up.

The punishment for having less than 10 grams is similar to that of a parking ticket and most people don't like getting parking tickets.

The first offense is a fine of \$100 and the second offense goes up to \$250. On the third offense the fine continues to \$500 and you have the possibility of being put in a drug education class.

Second, just because it is decriminalized does not mean Salisbury University takes marijuana usage any lighter. Using any drug that is illegal violates the student code of conduct. Not only does marijuana fall into the illegal drug category but it also comes up again in the smoking section as this is a smoke free campus. Smoking of any kind is prohibited.

Violators will be subject to disciplinary action which can result in probation, suspension even expulsion.

The campus has the ability to notify parents for using any drugs. You may think you are independent and your parents are out of the equation, but this is not the case for drugs.

It is important to also take note that on campus one can get in trouble for drug usage just by looking like they are under the influence of one. Red eyes or unusual activity is enough for a Resident Assistant, Resident Director or campus police officer to write you up.

"I got a smoking citation because my room smelled like weed when I wasn't home. I've never smoked a day in my life and told the officer he could blood test me for proof. I still received the citation," a sophomore said.

The fight for legalization is not over and until it is legalized. Students, with bright futures ahead of themselves, should be just as careful as when marijuana possession was a criminal charge.

THE FLYER

EDITORIAL



"The Flash" premiere



BY BJ DARDEN
Staff Writer

After CW launched "Arrow" two years ago, they're now expanding their superhero television shows with "The Flash," based on the famous comic character of the same name.

Unlike "Arrow," and a lot of other superhero properties these days, the show's tone is very much goofy and light hearted. Even when a joke might not land, it's hard to hate the show's sincerity.

All of the acting in the show is well done. Even if the show might not be grounded, you could tell the actors were playing their roles straight. Grant Gustin as the title character was the most impressive, as he was able to juggle serious dramatic weight as well as a lighthearted attitude.

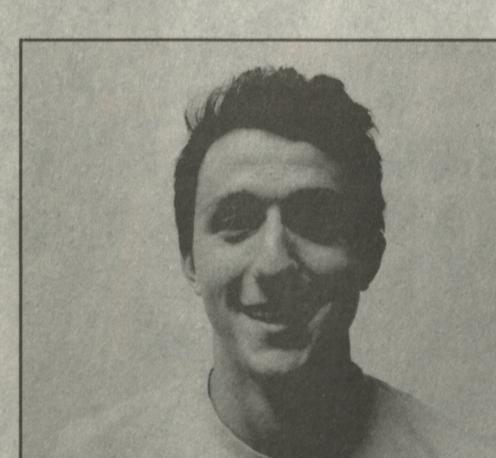
The effects in the show were impressive and they helped give weight to the Flash's super speed. The design of the suit was surprisingly well done despite it running the risk of looking too bulky, or too goofy but it manages to find a happy medium where it looks modern and cool enough that it never distract you with its stupidity.

With all of its cheesiness and cliché origin story moments the Flash works because behind all of that is heart and serious dramatic weight. The show is more focused on the way we think of superheroes in comic books instead of how they would work in the real world.

It's the first superhero product that I've seen since Spiderman that is so open and accepting of its comic book nature that I will definitely be sticking around as the show goes on.

The Flyer easily gives "The Flash" an 8/10.

"American Horror Story: Freakshow" premiere



BY CHRIS KRAUSS
Editorial Editor

feel to every second, even in some of the show's brightest moments. However, the sound can be difficult at times, with some of the voices being drowned out because of the music or background noise, especially in the scene where one of the main characters is watching a reel with an old projector.

Despite a small amount of technical flaws, the show makes up for everything with a stunning cast, bringing back fan favorites from past seasons to play completely new roles. Even if you haven't seen the past seasons, like Jessica Lange, Evan Peters, Denis O'Hare and Kathy Bates should ring some kind of bell. And if those names weren't enough for the star ridden show, the list goes on and on. This being said though, the show doesn't rely on big names to pull people in.

For anyone that has ever seen an episode of AHS of any season or may have even heard of the show, one has probably heard that it's dark and pretty messed up. "Freakshow" doesn't hold back in either department, providing plenty of moments to cringe especially when the clown goes in for a kill.

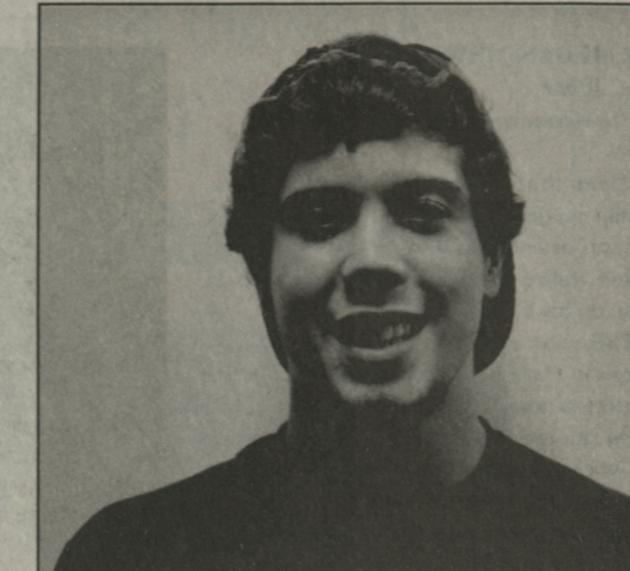
The show also dances on the edge in non-gory ways too, bringing a variety of main characters with disturbing backgrounds, such as the boy with synodactyly, the world's smallest woman, a two-headed woman and a bearded lady to name a few.

However, one aspect that "Freakshow" changed up was its approach to anything sexual. In past seasons, very little focus was put towards this aspect, but this one doesn't stop and sometimes even pushes the comfort zone. The opium induced sex scene between the carny's was a little much, along with Evan Peter's sexual scene. The show just seemed to overly sexualize things that didn't need to be overly sexualized.

Despite all of this, "American Horror Story: Freakshow" was still pretty impressive, but left little to no questions about where the story was going to go after the first episode or why we should care. Yes, I want to know about the clown and carny's life in a town that hates freaks, but there needs to be more draw to it.

The Flyer gives "American Horror Story: Freakshow" a 7/10.

End the Cuban embargo



BY KOBI AZOULAY
Staff Writer

bargo on Cuba. Only the U.S. and Israel supported it.

With so much international support for ending the embargo, it would be in the country's best interest to listen to the foreign community's advice.

Hillary Clinton, former Secretary of State and a potential 2016 presidential candidate, also voiced her opinion against the embargo. She believes that the embargo gives the Castro regime an excuse to blame the U.S. for all of Cuba's problems.

"I would like to see the excise removed," Clinton said. "It also would help our relationship with other Latin American countries... I'd like to change the psychology of that issue."

The majority of Americans agree with Clinton. The Atlantic Council, a non-partisan think tank in the field of International Affairs, administered a poll asking Americans if they support the embargo. Fifty-five percent of Americans support changing the United States' policy on Cuba.

With public support growing, it's only a matter of time before the people's voice is heard.

The original purpose of the embargo was to hurt the Cuban government, but the Cuban citizens have been the ones to take the blow.

A report by the American Association for World Health found that doctors in Cuba have access to less than 50 percent of the drugs on the world market. Depriving Cuban citizens of medicine is just flat out unfair. Just because we don't mean that we put innocent people at risk.

The millions of dollars we receive from Cuba in food sales reflect the potential monetary benefit that trade with Cuba could produce. As President Kennedy's cigar buyout demonstrated, Cuba could be a huge market in a plethora of different trade areas.

The U.S. Chamber of Commerce estimates that the embargo costs the country about \$1.2 billion a year.

Despite this, I don't believe that maintaining the embargo will influence the government to change their policy as it hasn't worked for the past 52 years.

Plus, the U.S. maintains trade with China, another communist country that doesn't always treat its people fairly.

It is time for this draconian embargo to end. Americans are starting to wake up and realize that it is doing more harm than good. Hopefully the U.S. government will listen to the demand from its people and the foreign community.

The United Nations almost unanimously denounced the lasting embargo. In 2013, the vote was 188-2 against the em-

SU student a rising country star

BY MEGAN NEWCOMER
Staff Writer
@MeganNewcomer1

About thirty years ago, Robert Karge was sitting at a desk looking through a newspaper. He was attending Salisbury at the time and didn't realize what huge impact this would have on his life.

There was an ad that called for a new bass player in Harvest, a local band. Robert was a perfect candidate. He followed up with this band and ended up meeting the woman that he would soon marry. They played in different bands together. They started a family together. Then Eric came, their son. Little did they know that this little boy that they raised would grow with the same passion for music they had.

Raised on a farm in Preston, Md. with his rocker parents, Karge grew up listening to Eric Clapton, Lynyrd Skynyrd, and all the classics of rock. He developed a love and passion for the electric guitar.

"I love being able to pick up a guitar and be creative," Karge said.

With his childhood working on the farm, Eric intertwined his background and passion into a talent that moved him to Nashville Tennessee. His passion turned into a career.

Living out his dream, he wrote and played songs at bars. This ultimately landed him gigs with other famous country stars, such as, Billy Currington and Sammy Kershaw. He was also able to record with Reba McEntire in Blackbird Recording Studios.

"My biggest mentor has been Dick Hodgin," Karge said. "He was my first producer and we still work together on projects today. He has taught me more than I could ever have learned on my own and his friendship and knowledge have been a priceless piece of my success in this business."

When he is on stage with these artists, Karge has his dad up there playing with him.

This year Karge has been nominated by the Maryland Music awards for three top awards: County Music Artist of the Year Award, Breakout Artist of the Year Award and Song Writer of the Year Award.

To be nominated for all these Maryland Music Awards is a complete and total honor because it tells me that I've been able to bal-

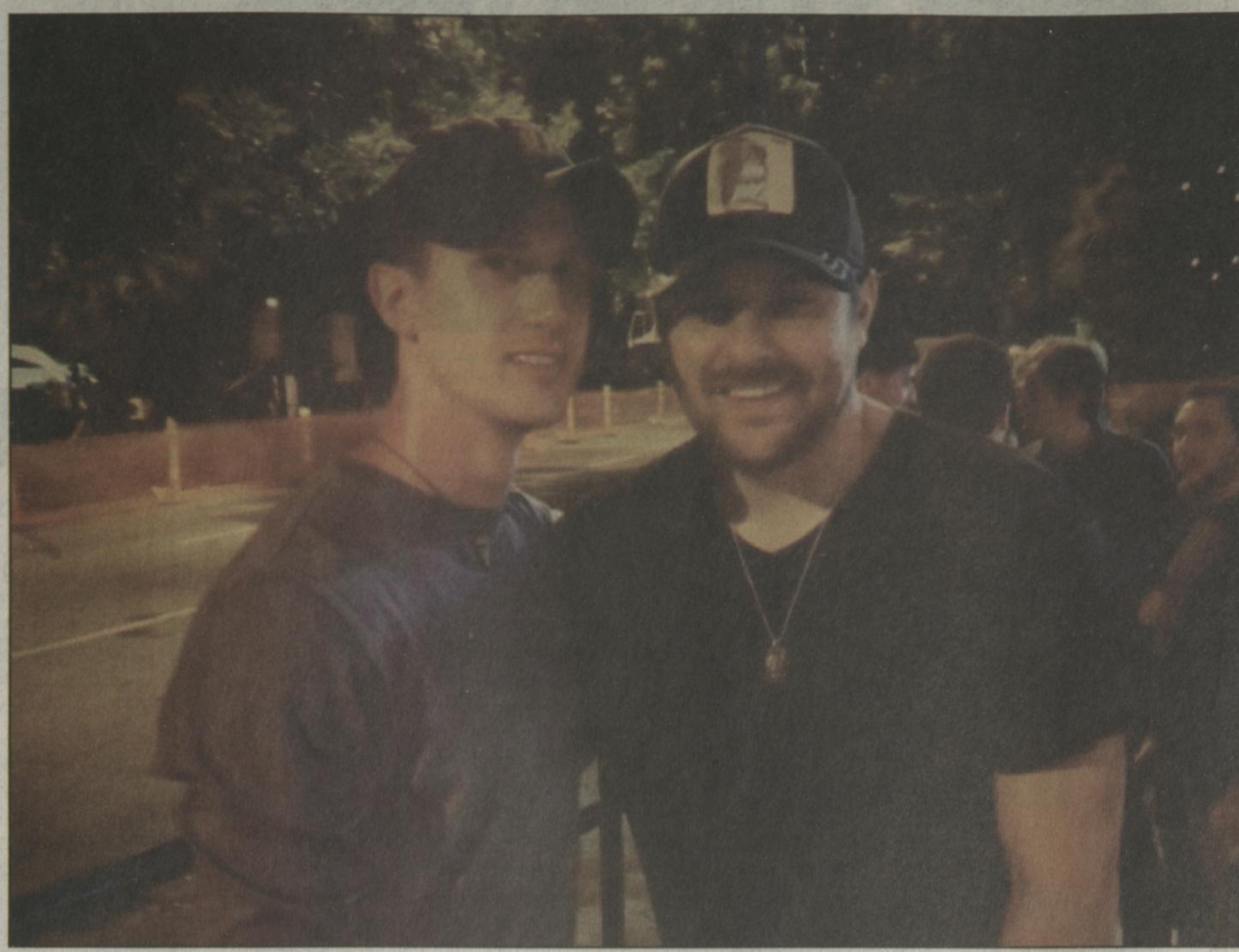


Photo submitted.
Karge has played with various country singers including Chris Young.

ance the Artist and Entertainer sides of it well enough to be recognized by the professional world of music," Karge said.

Despite all of these award nominations, he is getting his graduate degree at SU.

Karge also says that "It's perfect timing. I'm on the verge of a record deal, so I want to get my education now."

Karge has already received his undergraduate degree in exercise science from High Point University. He realized the importance of an education, so he is continuing his graduate degree at SU for applied health physiology with a concentration in cardio/pulmonary rehabil-

itation.

"When you're balancing college and a music career it can get stressful sometimes and it's a great way to clear your mind and relieve stress," Karge said.

In the face of these two careers he has to choose from, he justifies this with, "What if I injure my hand, and can never play guitar again. My whole career in music would be over."

He understands that his music career isn't concrete. Like any artist, there will be a time for success and there may be a time to pursue other interests. Therefore this degree serves as a backup in Eric's life, just in case his music career doesn't take off.

He is still playing with a local band and of course with his dad.

He says that his best song is "Dancing in the Rain."

"Dancing In The Rain symbolizes my love and appreciation for the craft of songwriting," Karge said.

Karge will be playing at Rams Head Live in Baltimore on Dec. 2. during the Maryland Music Awards.

Oktoberfest

BY AARON HUTT
Staff Writer

Fall is here which means color-changing leaves and warmer clothes, but for the German club it also means German folk music and beer.

The German Club prepares for this time every year. Salisbury's 42nd annual Oktoberfest was a beautiful sight on a bright and sunny Wednesday afternoon in front of Fulton Hall.

The event consisted of various activities. A biergarten (beer garden) was available for anyone over 21 years old. The Salisbury Medieval Knights, History Club, Photography Club, Asian Pacific Islander Club, Theater Club, and Media Club were among some of the groups that had tables set up at the event.

German colored Tie-dye t-shirts and products were for sale, as well as vintage German Club t-shirts. The bake sale had pumpkin rice krispies, dark chocolate filled with white chocolate and rock candy, and an assortment of other goods. An authentic German meal was priced at six dollars.

In-between band sets, sophomore Miranda Haney did an impromptu performance singing. Though indie rock and alternative was played, German folk music was heard for most of the event. Some students and instructors such as Professor Lee Krieger performed with the folk band. The folk band was filled with various brass instruments like the trombone and tuba.

One of the first bands to play was the Jesters with guitarists Luis Gomez and Zack "Siminba" Simms, lead singer Tyler Brunner, bassist Burt Tabbett, Drummer Kevin Flinn, and keyboardist Connor Bailey.

The band was not actually performing music what one would expect at this event. They played upbeat and exciting renditions of Bruno Mars' "Treasure" and Lynyrd Skynyrd's "Sweet Home Alabama."

Tyler: "We play alternative rock with a new age jazz influence," Brunner said.

The Jesters were able to perform at Oktoberfest because of an inside connection.

"Ben Wilshusen. He's my friend in the music department. He just talked to the club leaders and hooked us up," Bailey said. He always has our backs."

A costume contest and a variety of games were held. Some one could try bobbing for apples or play a game of cornhole. There was also a give-away for students to win a free semester of books.

The atmosphere was mostly German themed. Members of the German Club could be seen wearing traditional clothes.

"I liked the outfits," Junior Alena Coplin said. "The German clothes and the knights were a nice touch."

"I planned two-thirds of the event but there and different committees in the club that handled the rest," said Andrea Krell, president of the German Club. "The Oktoberfest is not a SGA recognized event this year. That means any clubs that participate will not receive any participation points. Any clubs here came for the event or just to promote themselves. We also have local vendors here."

Local businesses from downtown Salisbury were being promoted in front of Fulton. It featured the coffee shop Main Roots and the upcoming nutrition store Herbalife which should be opening within six months.

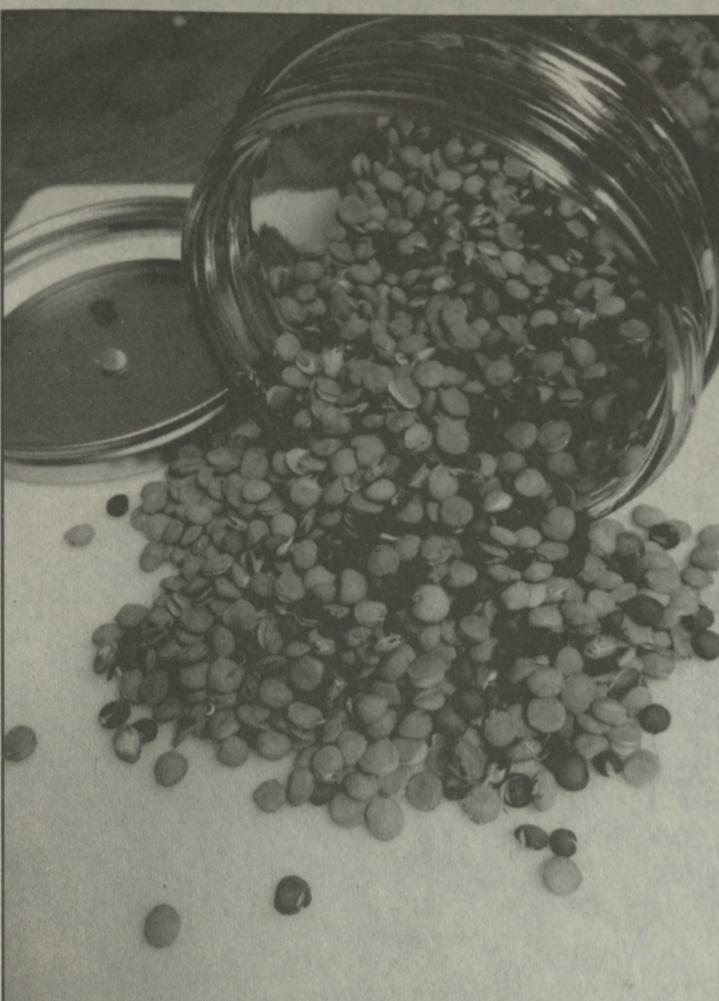
Traditional German food, clothing and beer took over Salisbury on Wednesday afternoon.



Brittany Bursa photos
The German club donned traditional German clothing during Oktoberfest.

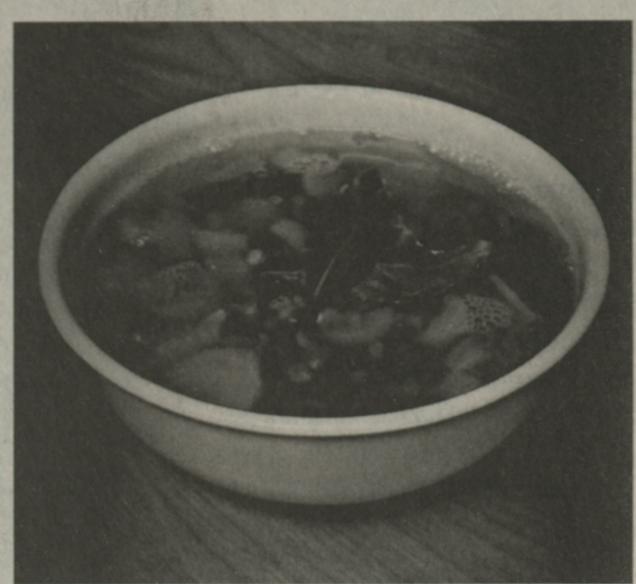
Student Health

Health food of the week: Lentils



Megan Mahedy photo

Recipe of the week: Lentil soup



Megan Mahedy photo
Recipe of the Week:
Lentil soup

Ingredients:
2 cups pound lentils
2 large bay leaves
3 large carrots, peeled and sliced
3 stalks celery, chopped
1 large onion, chopped
2 cups crushed tomatoes (fresh or canned)
2 tablespoons extra-virgin olive oil
1 teaspoon sea or pink Himalayan salt
1/2 teaspoon black peppers

Instructions:
Serves 6

1. Rinse lentils well in cold water and place in a large pot with enough cold water to cover lentils by 6 inches. Add bay leaves.

2. Bring to a boil, skim off foam, lower heat, and boil gently, partially covered, until lentils are just tooth-tender, 20-30 minutes.

3. Add carrots, celery, cumin and onion to the lentils. Cook partially covered till carrots are tender, about 20-30 minutes.

4. Add crushed tomatoes, olive oil, and salt and pepper to taste. Simmer, partially covered, until lentils become very creamy and soft. Stir occasionally and add boiling water if necessary to prevent sticking.

5. Let sit for a couple hours and remove bay leaf before serving.

BY
MEGAN MAHEDY
Staff Writer

Lentils:

Calories per cup: 230
*18 grams of protein
*15 grams of fiber
High in: Fiber, Iron, Protein

levels
healthy, and help you maintain healthy cholesterol levels."

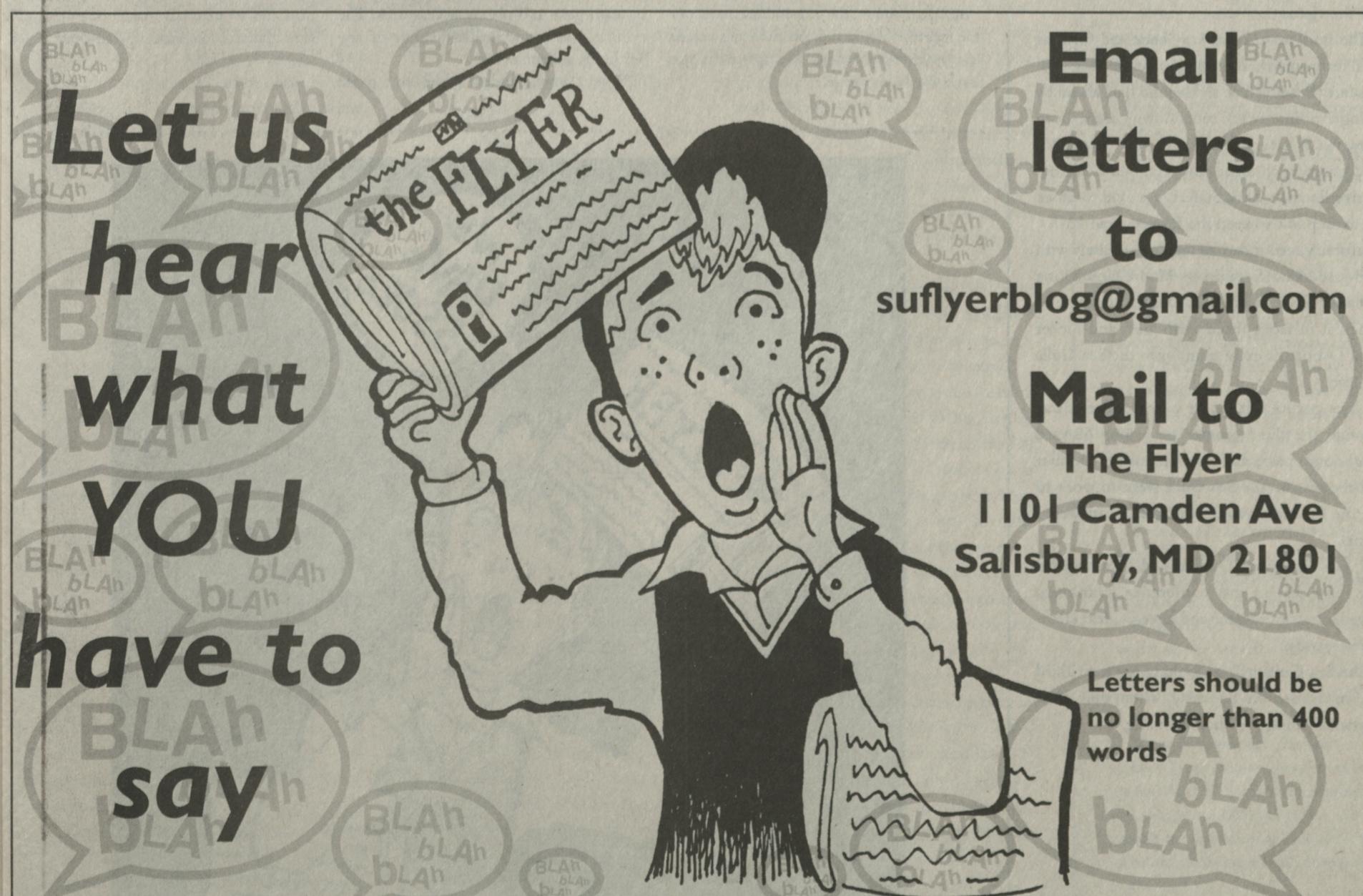
Giving you more of your daily value of iron than red meat, lentils provide 36 percent of this essential mineral. Iron is an important part of

the hemoglobin and myoglobin, both proteins, found in the red blood cells, help carry oxygen in the blood.

According to the University of Rochester Medical Center, "healthy adults absorb about 10 to 15 percent of the iron in foods" meaning that getting the USDA recommended amount of iron in your diet is imperative in order to prevent yourself from becoming iron-deficient and keeping your iron levels adequate.

Lentils are also a fantastic plant-based protein source. One cup of lentils contains 36 percent of the USDA recommended amount of protein. Protein is necessary for your body to build and repair tissue and is essential in making enzymes, hormones, and forming other body chemicals.

It is also an important part of having healthy bones, muscles, cartilage, skin, and blood. The protein-rich lentils can make a great addition to your post-workout meal in order to help build strong muscles.



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Gull's football scores 22 unanswered, defeats Utica

BY NICK DIMATTEO
Staff Writer

The Salisbury University football team picked up their second straight win on Saturday with a 36-19 victory over Utica College.

Junior quarterback John Dunbar led the Sea Gulls (3-2) with 75 yards and three touchdowns on the ground in addition to throwing for 111 yards. Jerome Johnson and Aaron Moore also added rushing touchdowns while Connor Canonico rushed for a team high 97 yards.

The Sea Gulls battled with Utica (4-2) for the majority of the game, but took the lead for

"It was a big win. Every game is a must-win in this conference. Our team played a heck of a game and it was a great effort by everybody."

- Junior quarterback, John Dunbar

good in the third quarter after a string of key plays for Salisbury on both ends of the ball.

After Johnson gave the Sea Gulls a three-point lead with a nine-yard rushing touchdown in the third quarter, senior safety Drew Allebach came up with an interception to give the Sea Gulls possession once again. With good field position from the turnover, the Sea Gulls offense marched down the field in five plays on a 54-yard drive that ended with a rushing touchdown from Dunbar.

Dunbar would add the final score of the day in the fourth quarter when he ran it into the endzone from 19 yards out.

"A couple of stops on third down and we were able to come up with some turnovers on the defensive side of the ball which was the turning point," Sea Gulls Head Coach Sherman Wood said. "When you're playing against a pass oriented offense you want to come up with an interception or a fumble recovery."

To stop Utica's pass-heavy offense, the defense had to step up in a big way, and in addition to his interception, Allebach did, coming up with 10 tackles. Defensive lineman Tyler Paradyz also recorded 10 tackles and had a fumble recovery late in the fourth quarter to seal the victory.

The first quarter was very back and forth as both teams matched scoring drives, ending with Salisbury heading into the second half ahead by a single point. After touchdowns from both sides, the Pioneers struck back with a long 45-yard touchdown pass; however, Sea Gulls defensive lineman Zack Seifert was able to block the extra point to keep the Pioneer lead 13-7.

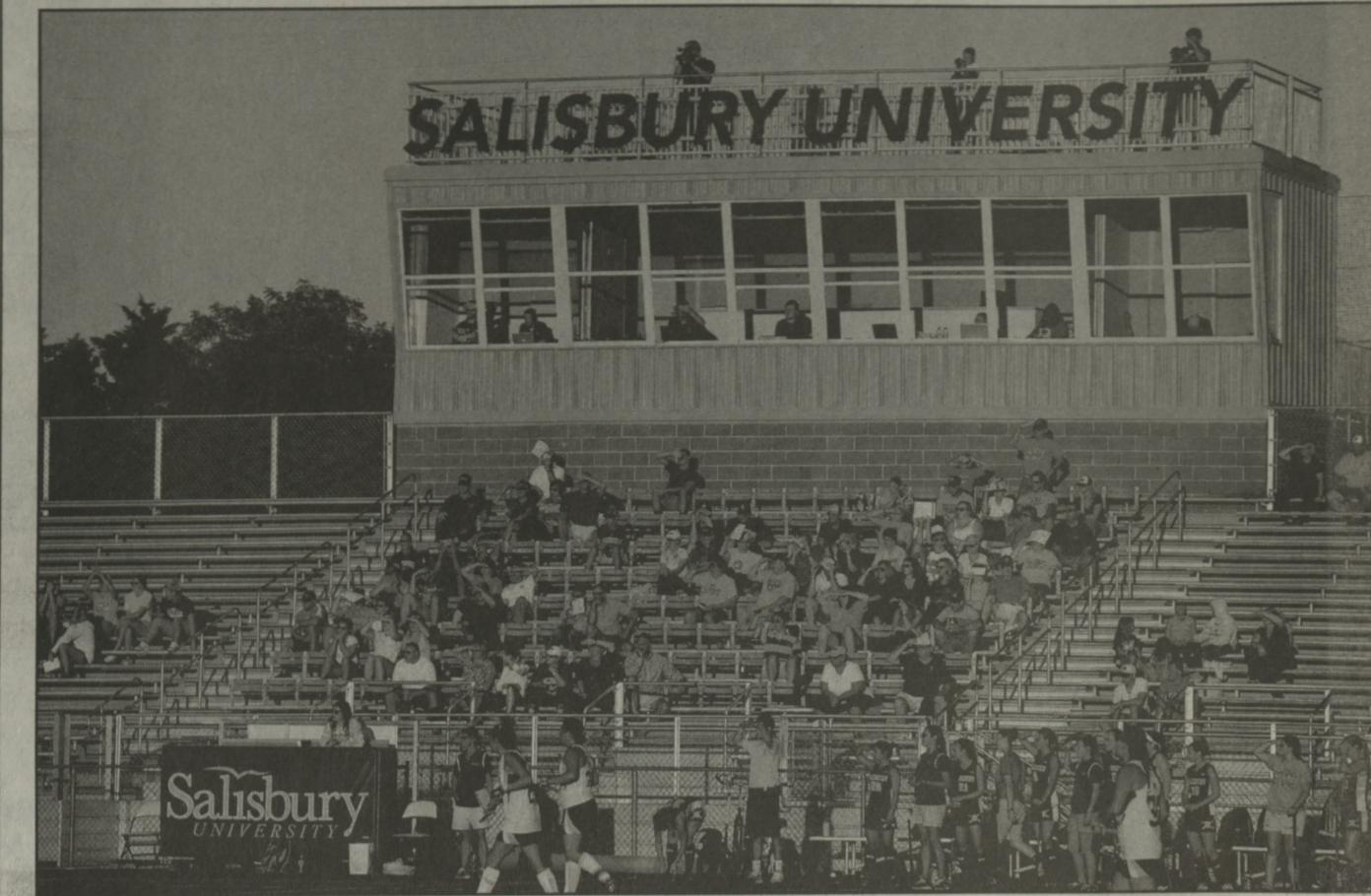
Salisbury responded almost immediately with a 48-yard kickoff return by Moore, and a long 38-yard run by Ryan Kolb. Dunbar was able to punch it in from three yards out, and kicker Zack Osborne's extra point gave the Sea Gulls the lead.

Utica got its final score of the day midway through the third quarter on a long 62-yard touchdown pass, and then Johnson, Dunbar and the rest of the Sea Gulls went to work to put the Pioneers away, scoring 22 unanswered points.

"It was a big win," Dunbar said. "Every game is a must win in this conference. Our team played a heck of a game and it was a great effort by everybody."

The Sea Gulls will be looking for their third win in a row on Saturday when they host Hartwick College for homecoming.

Stoltz strives to boost attendance at games



Megan Findle photo
Salisbury students and fans look on as the field hockey team battles against TCNJ on Sept. 27.

BY ANDY POULTON
Staff Writer

Despite the success of Salisbury University's sports teams on both the regional and national level, student attendance at athletic events has always been an issue.

But Jessica Stoltz, a previous graduate assistant for the Sea Gulls softball team who this year was hired as the Assistant to the Athletic Director, has made it her mission to find a way to boost student attendance and has already enacted several plans to do so.

Stoltz's first step was sending out a survey in August through e-mail asking students a variety of questions about why an athletic department such as Salisbury's, which has been successful on the field and courts, does not receive a lot of support from the student body in the bleachers.

"The whole point of sending out a survey was to get a feel for campus life and to see what students are actually looking for when it comes to attending games," Stoltz said. "I wanted to know what road blocks there are when it comes to the connection between the University and the students."

The results of the survey have given Stoltz a better view of the connection between the students and athletic events, with the major point being that students want more of a game day experience as well as free merchandise as an incentive to attend games.

Stoltz attributed the current disconnect to the fact that her current position was vacant last year; therefore no attempt to fix the issue was being made.

"Every time a student comes to a game, we can bring their card and get it stamped, and once they land on a gold icon, they win a prize."

- Jessica Stoltz,
Assistant to Athletic
Director

that e-mails used to be sent out in the past and that students were missing that aid, so I am hoping that starting that up again will help."

Another new feature is the "Champions Wear Gold" punch card system. The system rewards students for coming to games and gives them a chance of winning prizes such as team gear and phone accessories. The cards can be found inside the gate of any Sea Gulls athletic event.

"Every time a student comes to a game

they can bring their card and get it stamped, and once they land on a gold icon they win a prize," Stoltz said. "I am usually the administrator at each game stamping the cards so at halftime and after each game, so students can find me at the gate to get their cards stamped."

Stoltz is hopeful that the new system will bolster attendance, but she admitted that it is too early to tell and will most likely have to wait until the end of the year to find out how successful the system is.

"Football, basketball and lacrosse are definitely the biggest sports for attendance numbers, so we'll have to wait and see what things look like at the end of each respective season," she said. "I passed out about 500 to 600 cards at the first football game because that was the first sporting event that most students came to, so I'm hoping that continues."

Stoltz commented on the amount of students attending men's and women's soccer games since the system was implemented, and looks forward to seeing that continue as well.

"There is a lot of following at soccer games from other sports teams as they bring furniture and couches to sit on," Stoltz said. "I think it's mostly from men's lacrosse and basketball, they do a really great job of supporting and they are really excited about the punch cards as well."

Stoltz urges students to keep an eye out for e-mails containing game day information and to take advantage of the punch card system by supporting Salisbury athletes.

"Every time a student comes to a game



Excellent recruiting keeps Salisbury field hockey dominant in CAC



Megan Findle photo
Sophomore midfielder Abby Shobe takes the ball away from a defender from the College of New Jersey.



Megan Findle photo
Several Sea Gulls players celebrate their first of three goals against TCNJ, which ended 3-1 in Salisbury's favor

BY RICKY POLITT
Staff Writer

High school athletes always face tough decisions when choosing which college they want to continue their athletic career with, but Salisbury University's Head Field Hockey Coach Dawn Chamberlin makes that choice a little easier, thanks to her and the program's recruiting style.

For the last several years, the SU field hockey team has excelled not only at winning games, but also by bringing in some top talent in the country to play for the Sea Gulls.

"We're always working hard at it. We're constantly seeing players all over the country, talking to high school coaches and looking for the cream of the crop out there," Chamberlin said. "We're fortunate to get some of those student athletes."

Almost every season, Salisbury brings in freshmen that contribute immediately on the playing field. In 2012, freshman players scored 14 goals, which helped lead Salisbury to a 15-3 season. Just last season, then-freshman Yumi Kim finished second on the team in scoring with 13 goals and five assists.

The entire first-year unit finished with 19 goals in the 2013 season.

So what makes SU so attractive to high school field hockey players?

"[Coach Chamberlin] influenced my decision because she had a great mindset and I knew she had a lot of experience coming into this season," freshman forward Natalie Wilkinson said. "I want to win a national championship and she knows how to do it."

Despite being new to the team, Wilkinson is seventh in scoring this season for Salisbury. She and several other freshmen have seen a lot of playing time, even with

this being their first year playing at the college level.

"Successful athletes want to continue to be successful, and they want to know they can go somewhere that's going to win," Chamberlin said. "Salisbury University has the whole package: academics, athletics and extra-curriculars that make SU very attractive."

Chamberlin has brought several players

"We're always working hard at it. We're constantly seeing players all over the country, talking to high school coaches and looking for the cream of the crop out there. We're fortunate to get some of those student athletes."

- Head Field Hockey Coach, Dawn Chamberlin

to SU that have turned into major impact pieces for the Sea Gulls' field hockey team. This season, Samantha Johnson and Courtney Jantzen lead the team with 23 goals total; both started their careers as freshmen at Salisbury.

Salisbury also builds their team with a balance of experience and youth. Seven freshman make up SU's field hockey team, while 10 make up seniors and juniors this season. This gives underclassmen a chance to learn from players who have played and succeeded under Chamberlin's system.

The field hockey coaches and staff make sure they let incoming freshman know exactly how they will be treated and what they need to do to make an impact on the team.

"If they learn how to work hard and take initiative, they can get what they want, and we're going to teach them that," Chamberlin said. "They've got to earn the respect of the players already here and learn how to climb the ladder. They have got to be willing to put in the time and effort."

With Chamberlin's four National Championships, 20 straight NCAA tournament appearances and 17 CAC Championships, Salisbury's program attracts players from all over the country, as well as players that have called Salisbury their home for several years.

Six players on the current roster came from high schools around the Salisbury area, and Chamberlin and her staff were a big reason for many of their decisions.

"She approached me my junior year of high school and asked me if I'd like to play for the team," freshman forward Hayley Dize, a graduate of local Holly Grove Christian School said. "I had attended her field hockey camp since I was in sixth grade, and when she gave me the opportunity, I knew that's where I wanted to play."

Alumni from Queen Anne's, Parkside, Delmar and Pocomoke high schools are the other Eastern Shore high school representatives on Chamberlin's roster.

Freshmen continue to be a big part in the Salisbury field hockey game plan. Whether they come in and contribute immediately, or if they take time to develop and make an impact later in their careers, they continue to help make the Sea Gulls a dominant squad in Division III.

The Weekly Dig



Sea Gulls fall to St. Mary's but smart play will pay off

BY MEGAN NEWCOMER
Staff Writer
@Megan Newcomer1

On Wednesday night, when Salisbury University hosted St. Mary's, it would be the away team that walked away with the win, topping the Sea Gulls 3-1.

The Sea Gulls rebounded after their third straight loss over the weekend though, topping Bridgewater 3-0 on Saturday. The Sea Gulls are now 15-8, and proved that the loss to St. Mary's would only be temporary.

With every loss comes knowledge. And this week, the Sea Gulls learned the importance of high hitting percentages in a college volleyball match.

Every varsity player is here for a reason. The game is no longer about how many errors each team makes—as it is in high school—the game is now about who can play smarter. These girls were picked because they play smart.

Volleyball is also a mind game. One doesn't have to be the best athlete in the world to excel at this sport; it's about anticipation.

Where is the ball going to go? Some of the best players try to anticipate that by reading the hitters hand and arm, so they know exactly where to line up. That part is really just about trying to constantly be aware, or "being on your toes."

It's not about how hard you can hit, it's about how smart you can play. The hardest hitter can hit into the block every time because they don't see it, or the hardest hitter can hit to the opponent's libero (defense specialist) without ever getting the kill. The hardest hitter won't win the game.

Luckily for SU, they have not only hard hitters, but some brilliant players who can place their hits and anticipate where the ball will land.

Against St. Mary's, the two players with the best attack percentages were Nikki Binetti with .58 and Rachel Pierson with .67. Of course, those who don't know volleyball don't understand what these numbers mean, so let's break it down.

Kills are the best attacks a player can receive and a kill means that you hit the ball and the opponent could not return it. Error means that in some way you messed up the hit, by either hitting it in the net, out, or missing it. Lastly, in attempted hits, meaning that you got the ball over the net, but the opponent was able to return it.

For our girls, Binetti killed nine times, attempted 11 and only had two errors. Pierson, a setter, had four kills, six attempts and no errors.

Both girls weren't just hitting blindly and just happened to hit the ball into a brilliant spot; they were playing smart.

"I look at the defense and see where we can place the ball," Pierson said. "I see it when I'm playing and I pick up the other team's style of play as the game goes on."

"I look at the blocker and where the defense is," Binetti said. "I have to hit around that. And with the game back and forth, I have to keep reading what is put in front of me."

These girls play smart and the read the game well, as well as the rest of this Sea Gulls' squad. Salisbury's women's volleyball is back in action on Wednesday when they travel to Marymount, but if one wants to see smart volleyball in person, they play in Maggs Gym on Saturday at 1 p.m. against conference rival, Southern Virginia.

Megan Newcomer is a freshman at Salisbury University majoring in management, marketing and getting a BFA with a concentration in drawing. She played volleyball for six years between middle and high school and she also served as an assistant coach for a middle school team for two years.

THE SCARAB

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Fiction and nonfiction //
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